

Grade 8 Physical Education Scope and Sequence

Skill refinement and application, with an emphasis on game strategy, are the focus of 8th grade physical education. Newly introduced skills are geared towards individual and dual activities in order to prepare students for a focus on lifetime sports that they will encounter in high school. The development of physical fitness – to include knowledge of physical fitness principles – continues to be a central focus throughout the year.

Unit Theme	Unit Focus	Concepts	Focus Standards	FitnessGram Assessment Pacing	Extensions
Introduction	This introductory unit introduces students to the course by establishing routines and procedures that will be followed throughout each of the subsequent units. Students will assist in establishing procedures and will work in small groups to create warm up routines. Students will participate in the management of the class.	<ul style="list-style-type: none"> Utilize 7th grade fitness scores to address areas of weakness. ASAP-Instant Activities Routines and procedures Self-responsibility Establish routine for heart rate monitor use and management 	<p>8.3.8 Develop individual goals for each of the components of health-related fitness.</p> <p>8.5.1 Identify and evaluate preferences for lifelong physical activity and determine one's responsibility for developing skills, acquiring knowledge of concepts and achieving fitness.</p>		Establish portfolio
1 Cooperatives	This unit provides opportunities to establish social norms and stresses the importance of teamwork and leadership in the physical activity setting. Students will participate in individual and cooperative activities with a focus on goal setting and celebrating the accomplishments of the group.	<ul style="list-style-type: none"> Create routines based on fitness test results and lifetime activity themes Social interaction Group dynamics Create-a-game activities (supplemental to SPARK) Build mature rapport 	<p>8.5.2 Identify the contributions of members of a group or team and give positive reinforcement to members for accomplishing a task or goal.</p> <p>8.5.3 Accept the roles of group members within the structure of a game or activity.</p> <p>8.5.4 Analyze possible solutions to a problem that develops in a cooperative physical activity.</p>	Practice assessments – integrate each with daily lessons/warm-up	<p>ELA Theme: Looking Back at the Past</p> <p>SL8.1 Engage effectively in a range of collaborative discussions</p>

2 Fitness Concepts	This unit provides students with a basic knowledge of physical fitness concepts, principles, and strategies to improve health and performance. Students will learn how to assess and maintain their own fitness and how to use activity logs and technology such as heart rate monitors to track and measure activity levels. Students will create personal programs using a variety of resources.	<ul style="list-style-type: none">• Personal fitness• Fitness assessment• “Healthy fitness zone”• Target Heart Rate Zone• Activity log• FITT <p>* Strand 4 (ongoing)</p>	Develop an understanding of the following components of health-related fitness: Aerobic Capacity, Muscle strength and endurance, Flexibility, and Body Composition 8.3.2 Develop a three- week personal fitness plan specifying the proper warm-up and cool-down activities and the principles of exercise for each component of health related fitness. 8.3.7 Meet age and gender-specific fitness standards, and identify one or more ways to improve performance in areas that do not meet minimum standards. 8.3.9 Refine individual personal physical fitness goals for each of the five components of health related fitness, using researched based criteria.		ELA Theme: It Happened in the City L8.6 Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases
3 Rhythmic Skills and Movement Patterns	In this unit, students will participate in a variety of dances with an emphasis on social dances spanning across eras. They will also utilize jump rope skills for culminating jump rope events and competitions.	<ul style="list-style-type: none">• Jump Rope• Dance (social)	8.1.3 Create and perform a rhythmic dance	Assess Push Up and Curl up	ELA Theme: It Happened in the Country
4 Movement Concepts	In this unit, students will combine a variety of basic through advanced skills learned in previous courses to create and perform an original routine.	<ul style="list-style-type: none">• Stunts	8.1.2 Create and perform a routine using fundamental gymnastic/tumbling skills, locomotor and non-locomotor movement patterns, and the elements of speed, direction, and level.		ELA Theme: Authors and Artists

<div>5</div> <div>Manipulative Skills Combination of Movement Patterns and Skills</div>	<p>These units provide activities for students to apply mature techniques to a variety of sport specific skills. Offensive and defensive strategies will be applied and students will demonstrate acquired leadership characteristics as they apply to team building and decision making.</p>	<ul style="list-style-type: none">• Ultimate Games – Football, Bowling, Frisbee• Flying discs• Hockey and/or Soccer• Volleyball and/or Handball• Basketball• Rackets and Paddles• Softball and/or Golf• Track• World Games• Archery• Fly Fishing	<p>(7).2.3 Demonstrate body management and locomotor skills needed for successful participation in track and field.</p> <p>8.1.1 Demonstrate mature techniques for catching, kicking/punting in game play.</p> <p>8.1.1 Demonstrate mature techniques for overhand, sidearm, and underhand throwing in game play.</p> <p>8.1.1 Demonstrate mature techniques for striking and volleying in game play.</p> <p>8.1.1 Demonstrate mature techniques for dribbling and catching in game play.</p> <p>8.1.1 Demonstrate mature techniques for striking, dribbling, and trapping in game play.</p> <p>8.2.1 Describe and demonstrate how movement skills learned in one physical activity can be transferred and used to help learn another physical activity.</p> <p>8.2.2 Explain the rotation principles used in performing various manipulative skills.</p> <p>8.2.4 Develop and teach a game that uses elements of spin or rebound, designated offensive and defensive space, a penalty system, and a scoring system.</p> <p>8.2.5 Diagram, justify, and demonstrate basic offensive and defensive skills and strategies in team physical activities.</p>	<p>Assess PACER, height and weight</p> <p>Assess Sit and Reach</p> <p>Make Up: All assessments</p> <p>Enter all scores into www.fg9.dc.gov</p>	<p>ELA Theme: Dramatically Speaking</p> <p>ELA Theme: The Road Not Taken</p> <p>Mathematics: Analyze proportional relationships and use them to solve real-world and mathematical problems.</p> <p>Mathematics: Solve real-life and mathematical problems involving angle measure, area, surface area, and volume.</p> <p>Mathematics: Analyze proportional relationships and use them to solve real-world and mathematical problems.</p> <p>Mathematics: Draw informal comparative inferences about two populations.</p>
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